



# HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

## Celebrate Mental Health Awareness Month

Become Mental Health First Aid Certified!



### YOUTH Mental Health First Aid

For adults working with youth 12 -18

Thurs, May 11

9:00 am - 3:00 pm

9 Church St, Bernardsville, NJ

[REGISTER FOR FREE](#)

### ADULT Mental Health First Aid

For adults who work with other adults 18+

Thurs, May 18

9:00 am - 4:30 pm

Bernards Twp Library

32 S Maple Ave, Basking Ridge, NJ

[REGISTER FOR FREE](#)

## THIS MONTH IN HEALTH MATTERS

Adult Mental Health First Aid

Youth Mental Health First Aid

Twilight Challenge 5K Race

A Homeowner's Guide to Septic Systems

Lyme Disease Awareness Month

Up for Adoption: Meet Ray!

BTHD Animal Control Patch Fundraiser

Upcoming BTHD Programs

Local COVID-19 Updates

## ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Borough.

## STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at [smart911.com](http://smart911.com). For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).



[LEARN MORE ABOUT RAY](#)

## 33<sup>rd</sup> Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township  
Sunday, June 4, 2023



**Registration is Open!**

[Register Online](#) [Paper Registration](#)

[Click here for upcoming Health Department Programs](#)

May Is   
Lyme Disease  
Awareness  
Month

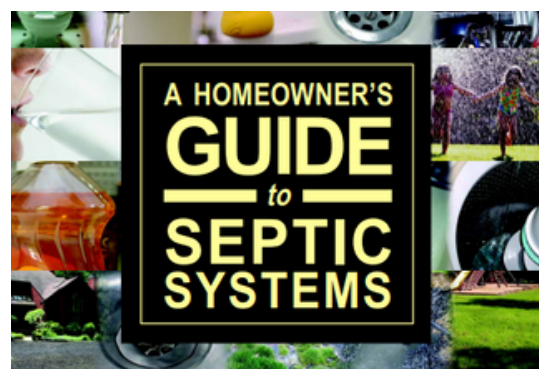


[lymedisease.org](http://lymedisease.org)  
ADVOCACY, EDUCATION & RESEARCH

Click to learn more about Lyme Disease basics and visit [www.lymedisease.org](http://www.lymedisease.org) for more information



**Local COVID-19 Updates**  
[Click here to read](#)



## Animal Control Patch Fundraiser

Buy a patch to support Bernards Township Animal Control. [Learn more here](#)

[Follow the BTHD on Facebook](#)

Email: [health@bernards.org](mailto:health@bernards.org)

Website: [www.bernardshealth.org](http://www.bernardshealth.org)

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